



# BUSINESS WATCH

March 2014

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## Coping With Stress in the Workplace Part 1

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Stress is a problem that everyone deals with at some point in their life. It is bound to happen even to the calmest and leveled headed people. Stress is a reaction that your body has to your surroundings. While a small amount of stress in the workplace is normal excessive stress can cause all sorts of medical conditions. A stressed out employees is more likely to make mistakes that another employee would have caught. High stress levels are the number one reason for sick days in the workplace. You should be teaching employees about coping with stress in the workplace. Give them ways they can alleviate stress and how they can prevent a burnout from stress.

### What are the signs of job related stress?

Stress can present itself in many ways. Knowing the signs of stress will help you and those working with you better able to cope with stressful situations. Below is a list of common signs that a person is suffering from stress at work.

- Constantly Calling Out. A high amount of sick days can be a sign of stress. People would rather call out than go into work and deal with certain stressful issues. Maybe a deadline is quickly approaching or maybe they are stressed about a heavy workload. They may also truly feel under the weather. Stress can make you body suffer from flu like symptoms. There are a number of reasons that stress leads to more sick days.
- Negativity. People who are stressed will often be more critical of those around them. The stress can cause people to be on edge and alert. They are responding negatively because the stress is putting them in a bad mood. It is also a way for them to place blame on others whether they intended to or not.



- Anger and stress tend to go hand in hand. When a person is stressed their anger can go through the roof. Being overworked and stressed are a sure fire way to become angry. Even if the smallest thing goes wrong it can set a person off.
- Fatigue. Stress will cause your body to work harder than usual. You can quickly become fatigued if you don't eat right or exercise.
- You can suffer from a variety of health issues. Headaches and stomachaches are common when a person is stressed out. You can also feel dizzy, lightheaded or depressed. If you are stressed and also suffering from physical ailments you should visit your family doctor to see if there is anything they can do to help you.

*Next month's issue: Tips for Coping with Stress at Work*

*Excerpt from: [www.workplacesafetyexperts.com](http://www.workplacesafetyexperts.com)*

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## City Wide Business Crime Statistics: Monthly Comparison

Crime	December 2013	January 2013	February 2014
Commercial Burglary	0	4	3
Larceny/Shoplift	5	4	2
Robbery	0	0	0
Vandalism	1	2	7
Trespass	1	1	2

## Commercial Burglary Statistics for February 2014

Location	Approx Time	Day of the Week	Details
26400 block MV Hwy	2:00 am	Tue	Unknown suspect breaks glass front door and takes electronics.
24000 block 224 <sup>th</sup> Ave SE	8am-8pm	Thu-Fri	Unknown suspect breaks lock hasp to maintenance shed and takes tools.
24200 block Witte Rd SE	3pm-7am	Thu-Fri	Unknown suspect breaks glass, gains entry to building and takes electronics.
Attempt break-in's			The attempts are not reflected in the count above
0			

*To locate crime activities in your neighborhood please visit our website;  
[www.maplevalleywa.gov/police-reports](http://www.maplevalleywa.gov/police-reports)*

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**98038** to **888777**  
 and receive real-time alerts and advisories directly from your local police department.